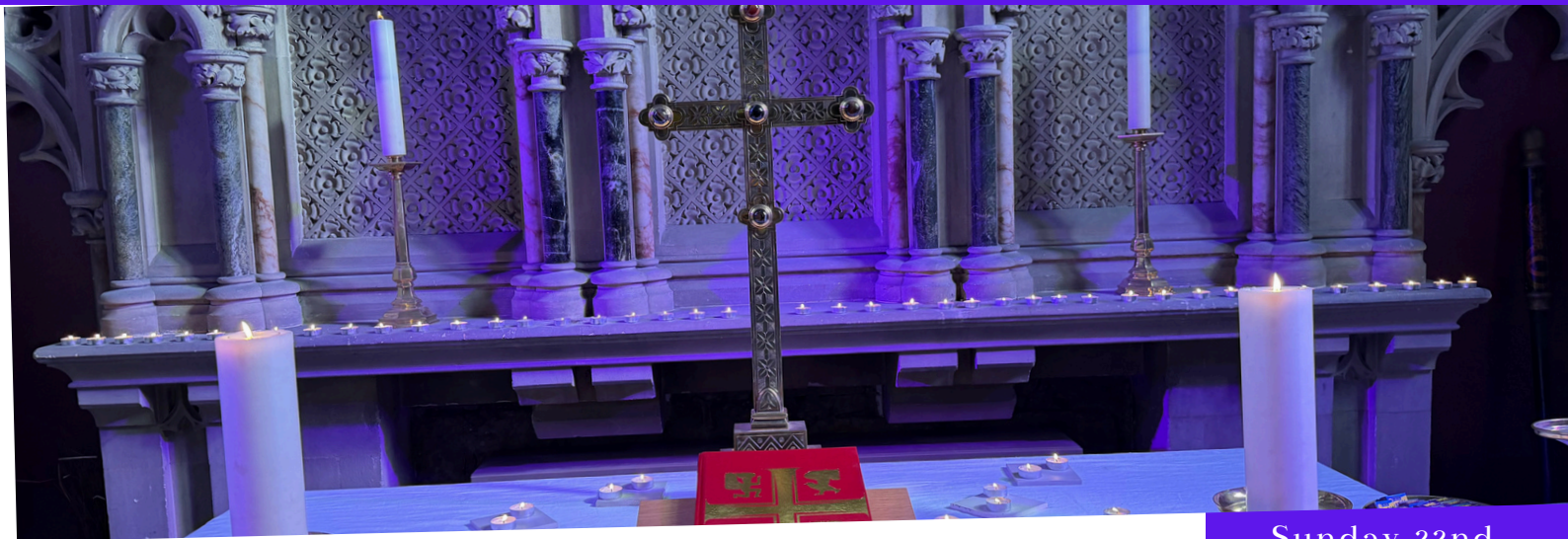


CHRIST CHURCH, SOWERBY BRIDGE

WEEKLY NEWS



Wake me up!

JOHN 11.1-45

Jesus visits Mary and Martha, four days after their brother Lazarus has died. He says, 'I am the resurrection and the life', and tells them Lazarus will rise again. Jesus weeps for Lazarus; then he calls him from the tomb, restored to life.

Amid the solemnity of Lent and with the cross not far away, this week's readings are full of hope and the promise of new life. But the Gospel reading encourages us not to rush to the place of joy without dwelling first in the place of grief. We are urged to wake up, but first we must enter the darkness.

Granny retired? You've got to be kidding....

The idea that grandmothers retire into an unburdened world of gardening and tea-drinking, golf and knitting is no more than a pleasant fantasy these days.

Instead, nearly 63% of grandparents provide some sort of childcare to their under-16-year-old grandchildren. That amounts to around seven million older people, aged mostly between 55 – 74.

As many as one in three is doing the school run. Nearly one in five is spending more than 10 hours a week giving other childcare. America has a nickname name for them: the 'granny nannies.'

Granny nannies do it for good reason: to enable their own children to be able to work longer hours. But granny nannies not only care for their grandchildren, they may also be providing comfort for elderly relatives of their own – and hold down a part-time job at the same time.

Perhaps Super-Granny-Nannies is the correct name for them!

Sunday 22nd
March 2026
Lent 5

FIRST READING

EZEKIEL 37.1-14

PSALM

PSALM 130

SECOND READING

ROMANS 8.6-11

GOSPEL

JOHN 11.1-45

WORSHIP LEADERS

PETER HENRY

DAVID CALLIGHAN

FIRST READING

CATHERINE PRIESTLEY

PSALM

ALASTAIR ROSS

SECOND READING

PETER HENRY

INTERCESSIONS

DAVID CALLIGHAN

SIDES PERSON

LINDA FIRTH & PAULINE
CHESLETT

Collect *Lent 5*

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord.

THIS WEEKS *HYMNS*

ProceSSIONal

To God be the glory

Gradual

How sweet the name of Jesus sounds
How deep the Father's love for us.

Offertory

Stand up, stand up for Jesus

Communion

Recessional

From heaven you came

Earth Hour 2026 - a time to turn off your lights

The Earth Hour 2026 takes place on Saturday 28th March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20th anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action through sustainable, actionable lifestyle changes.

The first Earth Hour was held in Sydney, Australia, on 31st March 2007, and has since become a global movement. The 2025/26 theme is 'Giving an Hour for Earth' is encouraging people to adapt sustainable habits in their daily lives.

And while our lights are off for an hour, Earth Hour will encourage us to spend the time in nature, or stargazing, or engaging in environmental, educational, or sustainable activities.

*More info at:
<https://www.earthhour.org>*

Why big, wet licks from a dog can help a teenager's mental health

Teenagers who kiss their dog or are occasionally licked by their pet are happier, according to a recent study. They have even been found to have better mental health than those who do not have a dog.

Why should this be? It seems to all come down to the gut. Research has found that teenagers in homes with a dog have a specific gut bacteria constitution, known as the microbiome, which boosts mental wellbeing.

Gut bacteria samples from teenagers were analysed and the participants also underwent psychological assessment. Tests showed that those with dogs had healthier scores, and that their microbiome was rich in certain bacteria.

When the dog-influenced bacteria were injected into mice in a lab, even the rodents became more social and engaged more with other mice.

The study's author, Prof Takefumi Kikusui, of Azabu University in Japan, said that although dog ownership provides a sense of security through simple interaction, "the most interesting finding from this study is that bacteria promoting prosociality, or empathy, were discovered in the microbiomes of adolescent children who keep dogs."



Easter Lilies

If you would like to have an Easter lily placed in church on Easter Sunday in memory of a loved one, you can sign up in church or make your donation through our secure online giving page. Please select "Easter Lily" under the campaign options. There is a small charge of £3.50 per lily or 3 for £10.00.

For more information, please speak to Angela Wilkins.

In your prayers this week....

Alyson Healey; Lukas Powell;
Maralyn Pawson; Vanessa
Starsmore; Victor Smyth; Kelly
Swift



During Lent it's traditional to not have flowers in church.

If you would like flowers in church either in memory of a loved one or to celebrate a special day please speak to Angela W

Quotes

The distinguishing mark of a Christian is his confidence in the love of Christ, and the yielding of his affections to Christ in return.
- C H Spurgeon

Sunday clears away the rust of the whole week. - Joseph Addison

Some people don't let their left hand know what their right hand is doing because they don't want to embarrass their right hand. - Anon

From the Parish Prayer list:

For the future of our church; St Anns Square; Stanley Street; Station Approach; Station Road; Steps Lane; Stonecroft Mount; Summerland Terrace; Sunny Bank Drive.

ECO CHURCH
AN A ROCHA UK PROJECT



Spend less time in the shower. Spending one minute less in the shower each day will save up to £7 off your energy bills each year, per person. Heating water uses a lot of energy. www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins

Blessed are those who care for Creation as God does, for they are doing God's work in the world.



One of my churchwardens is a stickler for 'Health and Safety'...

Next week

SUNDAY 29TH MARCH 2026
PALM SUNDAY

LITURGY OF THE PALMS

MATTHEW 21.1-11
PSALM 118.1-2, 19-END (FL)

LITURGY OF THE PASSION

FIRST READING

ISAIAH 50.4-9A (ST)

PSALM

PSALM 31.9-16 (DT)

SECOND READING

PHILIPPIANS 2.5-11 (GL)

GOSPEL

MATT 26.14 – END OF 27

SERVERS

GRAHAM LAMB

PETER HENRY

FIRST READING

SARAH TOWLER

PSALM

FIONA LAMB

DAVE TOWLER

SECOND READING

GRAHAM LAMB

INTERCESSIONS

PAUL HEALEY

SIDES PERSON

ANGELA WILKINS & REBECCA
LUMB

DIARY

Monday

10:30 Morning Prayer in church

Tuesday

10.00 Coffee Morning
11.30am Mid week communion

12.00 Architect visit

Wednesday

Thursday

3.30pm Messy Church
6.30 BCP evening prayer

Friday

Saturday

10am Coffee Morning

Sunday

10.30am Holy Communion
12:15 pm Palm Sunday
Lunch

REVISION OF CHURCH ELECTORAL ROLL

Notice is hereby given

** The revision must be completed at least 15 days, but no more than 28 days, before the Annual Parochial Church Meeting.*

that the Church Electoral Roll of the above parish will be revised by the Parochial Church Council*, beginning on **Sunday** the **29th** day of **March** 2026, and ending on **Saturday** the **11th** day of **April** 2026.

After the revision, a copy of the Roll will be published by the Parochial Church Council on the church notice board and on the church website for at least 14 days and a copy of the Roll will be available for inspection on a reasonable request being made to the Council.

Under the Church Representation Rules any lay persons are entitled to have their names entered on the roll if the person is—

(a) is baptised, (b) is aged 16 or over, and (c) has made one of the following three declarations and duly applied for enrolment.

The first declaration is that the person is a member of the Church of England or of a Church in communion with it and is resident in the parish.

The second declaration is that the person is a member of the Church of England or of a Church in communion with it, is not resident in the parish, but has habitually attended public worship in the parish during the preceding six months.

The third declaration is that the person is a member in good standing of a Church which is not in communion with the Church of England but subscribes to the doctrine of the Holy Trinity and is also a member of the Church of England and has habitually attended public worship in the parish during the preceding six months.

Application Forms for enrolment can be obtained from the Church Electoral Roll Officer. In order for a person to be entitled to attend the annual parochial church meeting and to take part in its proceedings, an Application Form for enrolment must be returned by the date shown above for the ending of the revision of the Church Electoral Roll by the Parochial Church Council.

Any error discovered in the Roll should at once be reported to the Church Electoral Roll Officer.

At least 14 days notice must be given.

Dated this **12th** day of **March 2026**

Signed: Sarah Towler

Address: _Fairhaven, Tuel Lane, Sowerby Bridge, HX6 2EL
Church Electoral Roll Officer

Email (*optional*): clarkybobs89@hotmail.co.uk

Church Electoral Roll

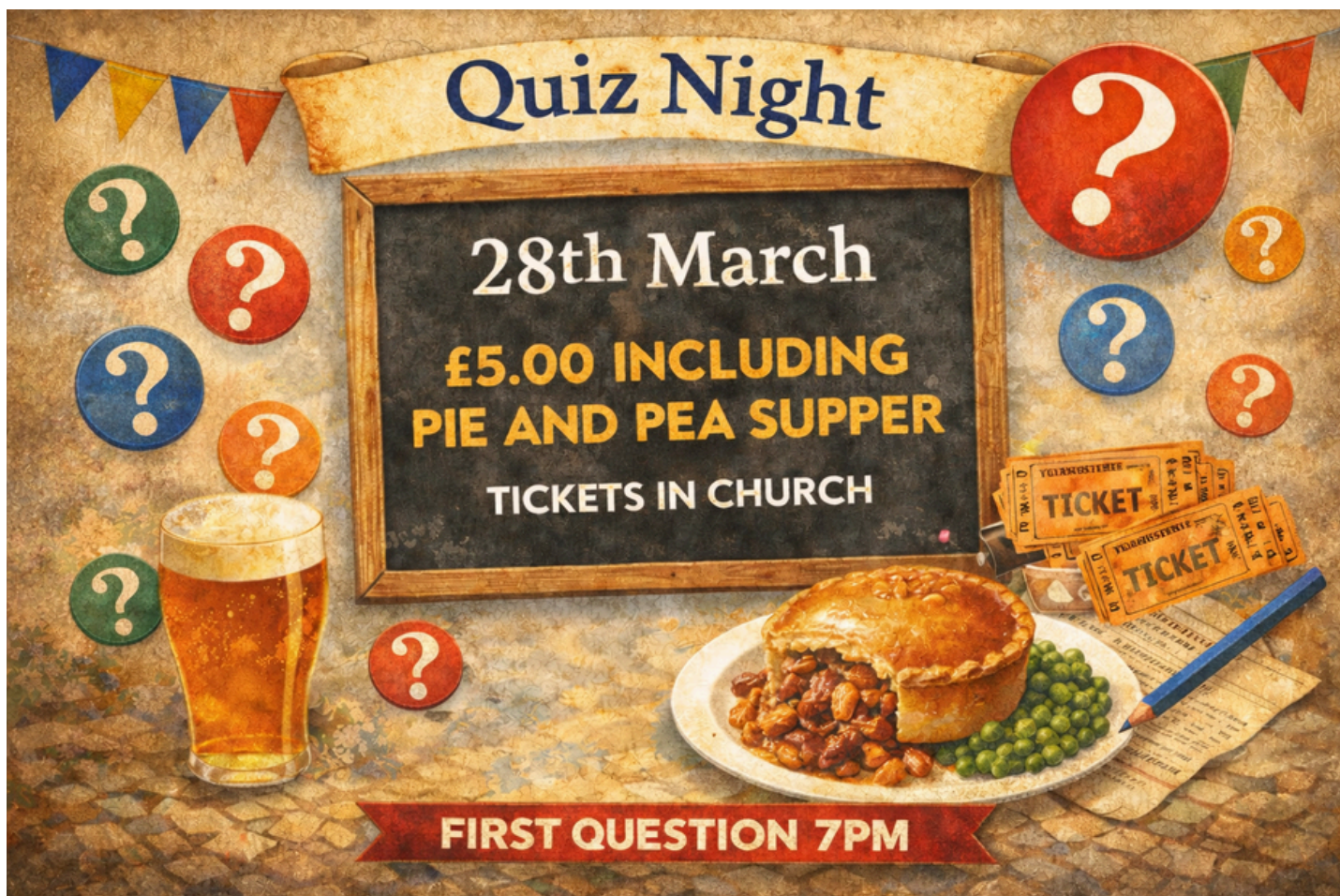
It is that time of year again, where the electoral roll is reviewed ready for the annual parochial church meeting (APCM). The Church Electoral Roll will be revised this year, beginning on Sunday the 29th day of March 2026, and ending on Saturday the 11th day of April 2026.

Why should I join?

You can be an active member of our church without joining to roll, and adding your name does not mean you take on an extra responsibility or commitment. However, joining the roll helps the church show its strength, and the number of people on the roll impacts the representation on church governing bodies. The electoral roll allows you to attend the APCM, vote on important church matters, and stand for election to the PCC.

How do I join?

If you are already on the roll, that's it for this year, you don't have to do anything. If you are not already on the roll, and would like to join, there are application forms at the back of church. You can return your completed form to church, post it to the address on the form, or email it to clarkybobs89@hotmail.co.uk





Palm Sunday Lunch – 29 March

We're planning a roast dinner on Palm Sunday, 29 March, and it would really help us with planning if we had a rough idea of numbers. Please let us know if you think you'll be joining us.

Annual Parochial Church Meeting.

Our annual church meeting will be held after the service on Sunday 26 April 2026.

At this meeting you will be able to ask questions/bring your thoughts and hear what has been happening over the year at your Church. At the meeting Church Wardens will be appointed along with Parochial Church Council (PCC) members and Deanery Synod representatives. If you feel this is something you are being called to please have a word with Revd. Tommy or one of the PCC/Deanery Synod members. There is a list of current members in the Community Room.

Organisation reports

Please could all organisations/groups send their annual report to Anthea at antheagee@yahoo.co.uk by Sunday 5 April. Thank you.

Knitted Chickens Needed – Good Friday Walk of Witness

thank you so much for those who have knitted chickens (35) received. These will be filled with a chocolate egg and carry an Easter message to be given out to shoppers and shopkeepers in Sowerby Bridge

Maundy Thursday – 2nd April

Christians Together in Sowerby Bridge will be gathering on Maundy Thursday, beginning at St Paul's Methodist Church at 6pm. The evening will include a simple shared meal and a time of quiet reflection. Food provided will cater for gluten-free and vegan requirements.

Following this, we will walk together to Christ Church for a service which will include a symbolic quieting of the church and preparation of the altar for Good Friday, helping us reflect on the events of that first Maundy Thursday.

To help with catering at St Paul's, it would be greatly appreciated if you could add your name to the list at the back of church if you hope to attend

Good Friday 3rd April

Christ Church will be joining with other Churches in a Walk of Witness starting at St. Patrick's Catholic Church, Bolton Brow. We meet in the Church Hall at 10.00 and start the walk 10.30. As we proceed into Sowerby Bridge to finish at St. Paul's Church we will be stopping at 9 stations for a short reflection and singing a verse of a hymn. A service will be held at St. Paul's Methodist Church when we arrive so if you cannot walk please join us there.

Good Friday, meal will be held at Salts Bar at 1.00pm. Anyone wishing to join is very welcome. Please speak to Janet Turner if you would like to come along.

Good Friday Stations of the Cross

We will be holding a Stations of the Cross service on Good Friday at 2.30pm. Looking forward to seeing you there.

Easter Services



Thursday 2nd April



**Maundy Thursday Holy Communion
at Christ Church, 7.30pm**

Friday 3rd April



Good Friday Walk of Witness, 10.00am



Good Friday Lunch Out



**Good Friday Stations of the Cross
at Christ Church, 2.30pm**

Saturday 4th April



Easter Saturday Last Watch, 11.30pm



Sunday 5th April
Easter Sunday Holy Communion



Christ Church

Serving Sowerby Bridge since 1526

YOUR PARISH SHARE IS VITAL FOR SUSTAINING MINISTRY AND MISSION THROUGHOUT THE DIOCESE OF LEEDS

What is Parish Share?

Parish Share is the financial contribution your parish is asked to make to support the mission and ministry of the Church. This primarily covers the costs of clergy stipends (wages) and their housing. Thanks to your support, with Share we are able to ensure:

- Every communion is celebrated
- Every sermon is preached
- Every bereaved family is comforted
- Every school assembly takes place
- Every baptism and wedding is ministered
- Every person is shown the love of Christ through our compassion and comfort.

The Bible and Parish Share

Using the Parish Share system means that we're able to offer mission and ministry across the whole of our diocese. More importantly perhaps, resourcing the work of the church this way follows some principles we find in Scripture. God is our Heavenly Father whose nature as Father, Son, and Holy Spirit is to invite us to be in a relationship with Him and with one another. Parish Share is one way we act, as Christians, to fulfil our calling and even reflect God's own relational nature.

Parish Share presents an opportunity for each church community, according to their ability, to participate in the financial costs of ministry throughout our diocese. In this way, ministry may be sustained in poorer communities where otherwise this would not be possible.

Romans 12:4-5, NIV

We're not all the same, and not all of our church communities are the same, but, like different parts of the body we each play our own part in ensuring the flourishing of the whole body. In our diocese we use the words "Living, Loving, Learning" to describe our mission. Living together this way, as members of the one body, we pray and worship God together, we share His love with others by serving our neighbours, and we invite others to know the joy and fulfilment of a life with God at our centre, and the peace of eternal life in the Kingdom of Heaven. Indeed, the mission to share the Good News is an urgent one.



Your Parish Share is vital for sustaining ministry and mission throughout the Diocese of Leeds.

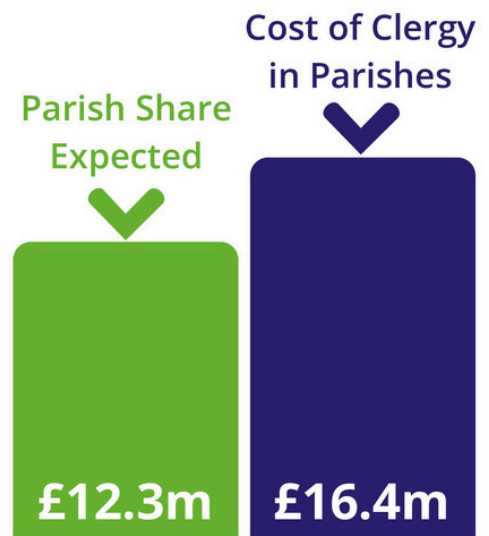
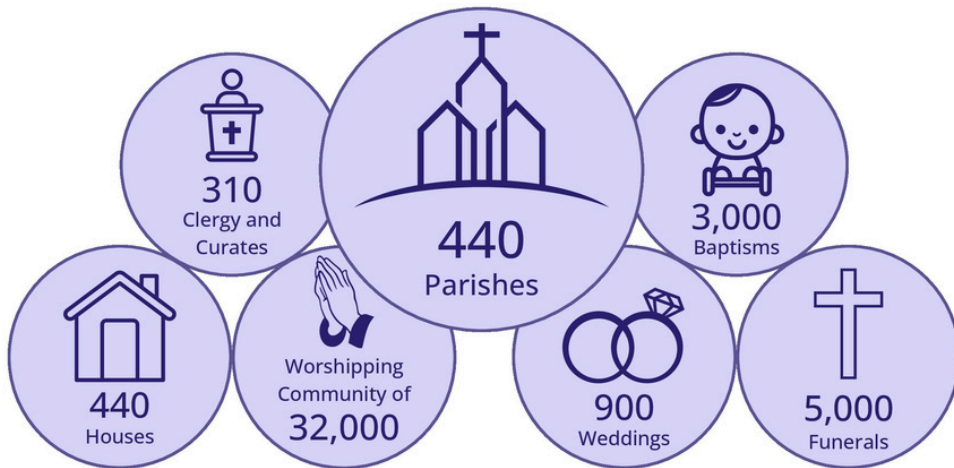
Giving generously is an expression of the love of God to the people around us, and is one way to live out our faith and support in our communities.

Thanks to the generosity of churches like yours, we hope to receive £12.3 million in Parish Share in 2025. This will go towards the £16.4 million needed to provide housing, stipends and other ministry support for our 310 clergy.

When we give through Parish Share we enable mission and ministry in all our parishes, encouraging confidence in the future of our diocese.

'Everything comes from you, and we have given you only what comes from your hand'
1 Chronicles 29:14

In our Diocese Parish Share supports:



For more detailed share information and support, please scan the QR code or visit bit.ly/2025parishshareguide

The
Tale of the
**TWO
BUILDERS**



JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS



ONE WAS ABOUT TWO MEN WHO
BUILT THEIR OWN HOUSES

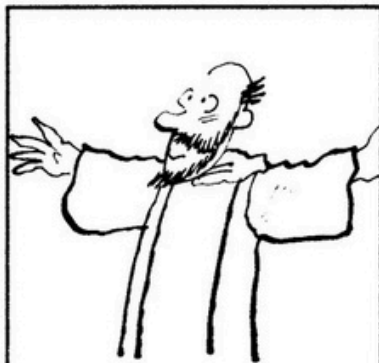


THE FIRST BUILDER SEARCHED HIGH
AND LOW FOR A GOOD SOLID ROCK ON
WHICH TO BUILD HIS HIS HOME.

AT LONG, LONG LAST HE
FOUND THE IDEAL SPOT.



SO HE BEGAN TO BUILD.

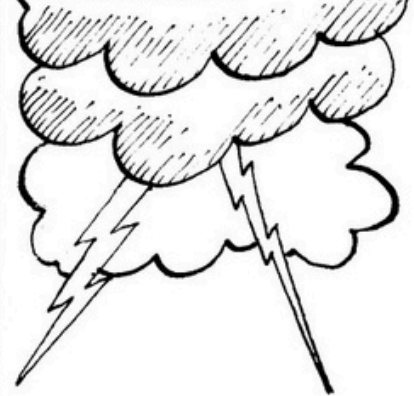


THE OTHER BUILDER
DIDN'T CARE WHERE HE
BUILT HIS HOUSE

HE THOUGHT SOME NICE FLAT SAND
WOULD BE AN EASY PLACE TO BUILD.



BUT ONE DAY THE
STORM CAME....



...AND THE WIND BLEW...AND
THE RAIN FELL....



...AND THE HOUSE ON
THE SAND COLLAPSED!

BUT THE HOUSE ON THE
ROCK STOOD FIRM.



JESUS EXPLAINED -
IT'S IMPORTANT OUR LIVES HAVE
A FIRM FOUNDATION!

Find us on
www.christchurchsb.org.uk



Using your smart device,
scan the QR code to join
'Hebrews Coffee' Wi-Fi



Once connected
scan the QR code
below



Captions* will appear once
the Service / Event starts.

*Captions are auto
generated and will include
errors



*Doorways to Hope - 40 days of
spiritual wisdom*
By Christopher Chapman, Canterbury
Press, £12.99

When so much seems to be falling apart, it is a
struggle to find ground for hope.

This book explores the nature of hope, and offers
ways of cultivating it. Avoiding wishful thinking, it
offers instead a hope that is incarnate and
redemptive, forever coming along side us to renew
what is broken. This is a liberating, encouraging book
for all who feel powerless in the face of the pain of
the world or hemmed in by personal circumstance

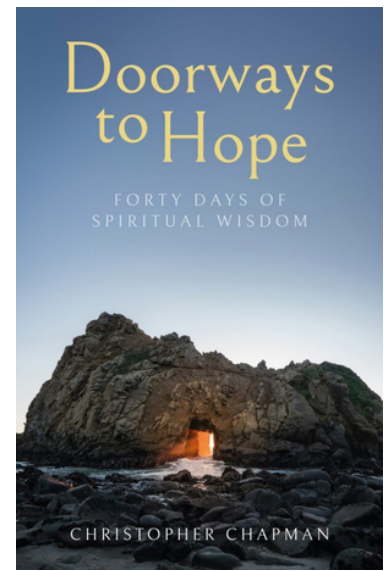
Smile Lines

Cleaned out

"Just cleared out some space in the freezer" sounds so much more productive than "I just polished off another tub of ice cream."

Fair warning

Instead of a sign that says: 'Do Not Disturb', I need one that says: 'Already Disturbed, Proceed with Caution'.



Christ Church
Serving Sowerby Bridge since 1821

Church News 2026 Year A

Registered Charity 1131180

CCLI License Number 295704

Rev. Tommy DGLISH

The Vicarage, 62 Park Road, Sowerby Bridge, HX6 2BJ.

07378 517 835 Email: vicar@christchurchsb.org.uk

Churchwardens

Mr. Peter Henry 07720 745 230 peter@christchurchsb.org.uk

Mr Dave Gill 07400 373 902 dave@christchurchsb.org.uk

Safeguarding

Mrs Glenis McCarthy 07773998104 glenismc@msn.com

Mrs Fiona Lamb 07870168198 fiona.lamb1@sky.com

**Ordinary people Sharing God's love in our world.
Growing in faith. Living by prayer. Loving God's word.
Living Loving Learning.**